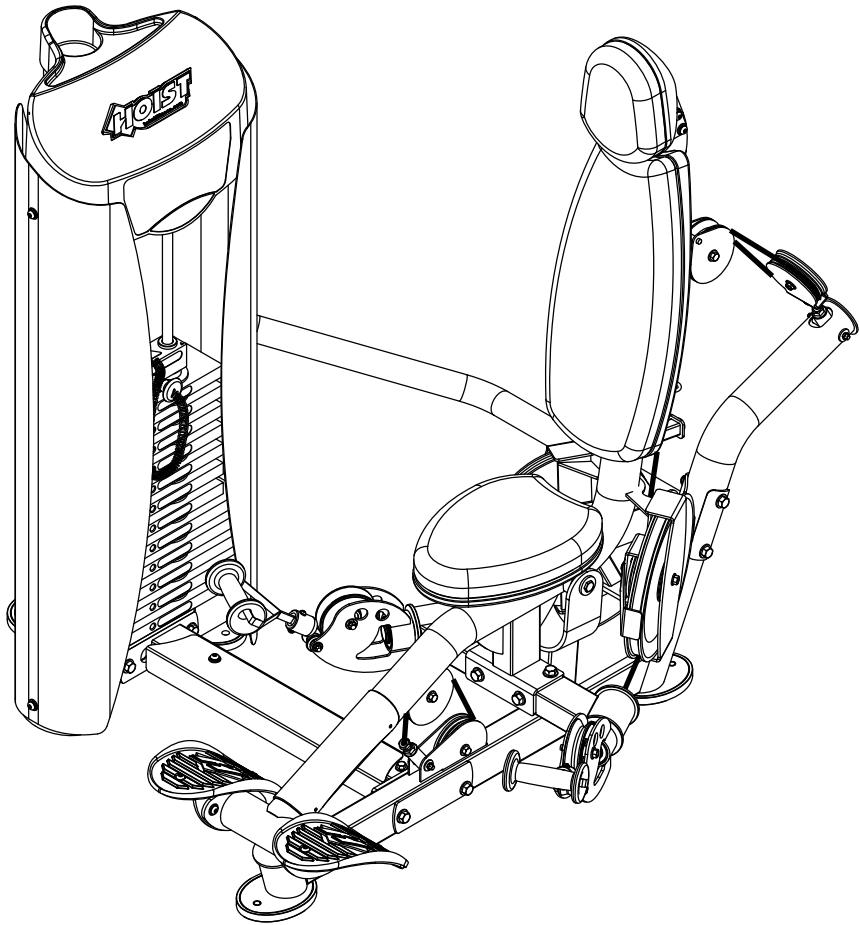


OWNER'S MANUAL



RS-1102-A BICEPS CURL



WARNING!

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

Note: Both Serial Number and Model Number are Required when Ordering Parts
RECORD SERIAL NUMBER HERE

MACHINE CODE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



www.facebook.com/hoistfitness

OWNER'S MANUAL

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OWNER'S MANUAL

INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Hex Key Wrench Set

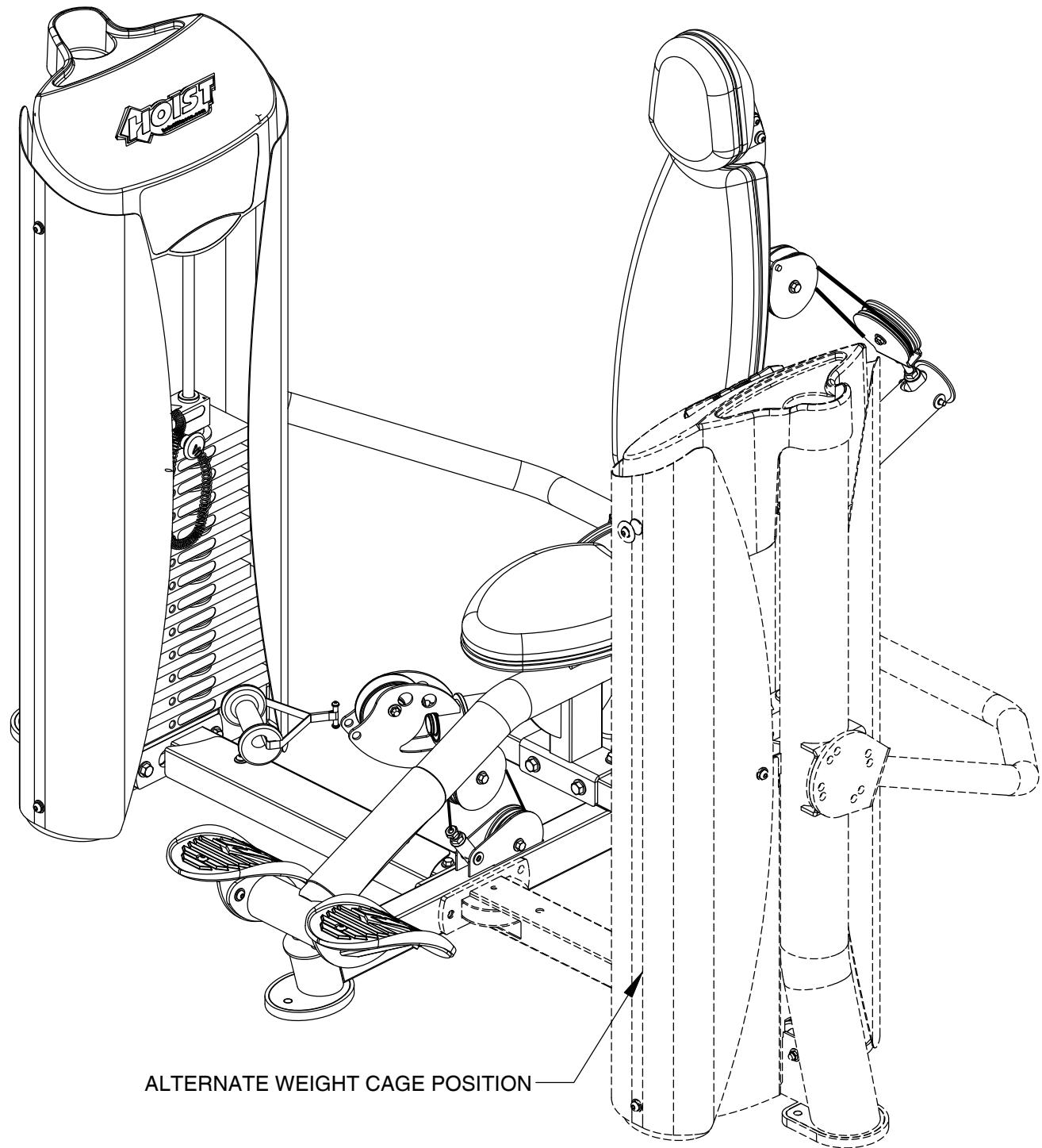
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY



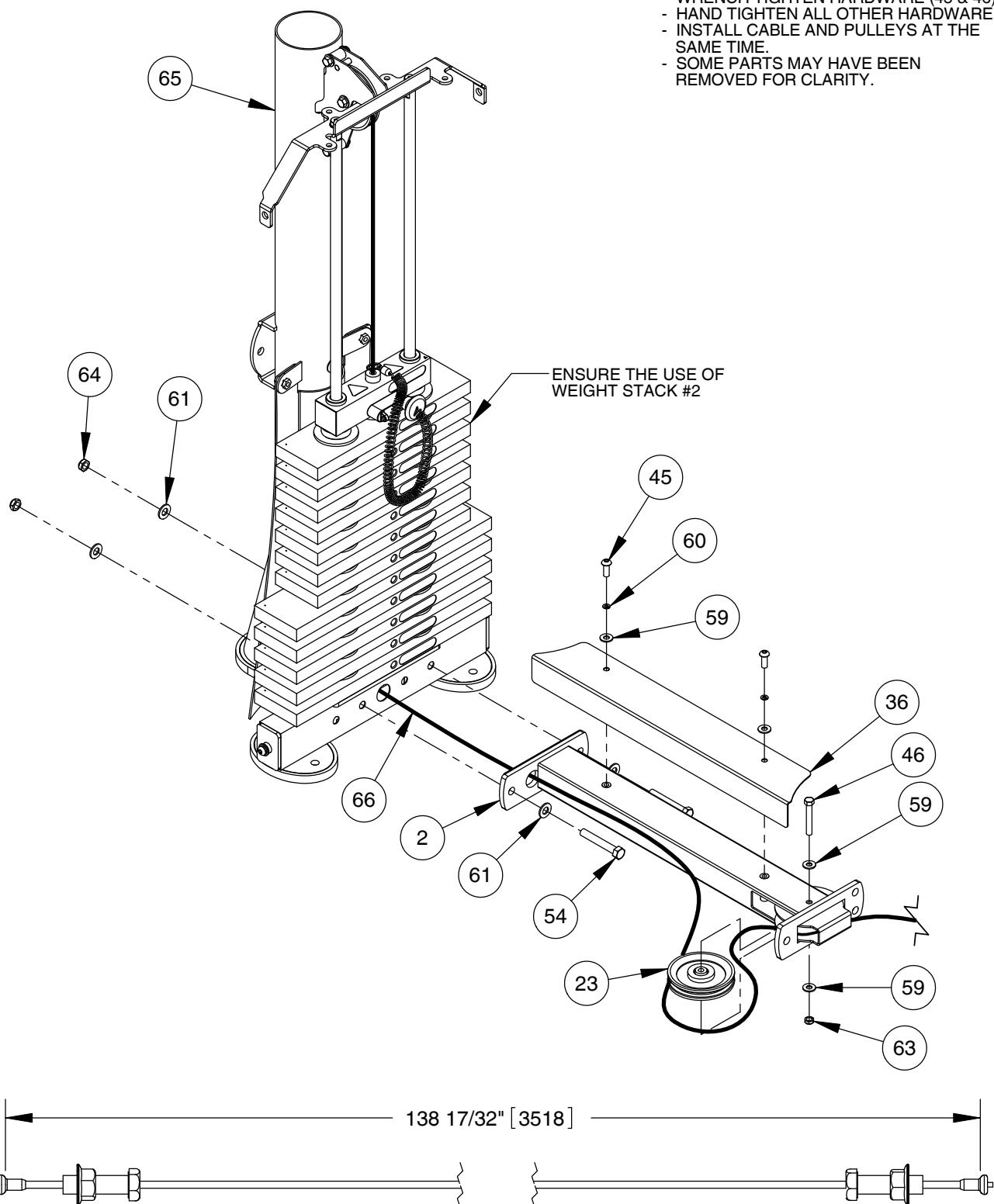
ALTERNATE POSITION

THE ROC-IT WEIGHT CAGE IS DESIGNED TO BE INSTALLED ON EITHER THE LEFT OR RIGHT SIDE OF THE RS-1102-A IN ORDER TO ACCOMODATE THE USER.

OWNER'S MANUAL

FRAME ASSEMBLY *ASSEMBLE WEIGHT CAGE FIRST*

NOTE:
- WRENCH TIGHTEN HARDWARE (45 & 46).
- HAND TIGHTEN ALL OTHER HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

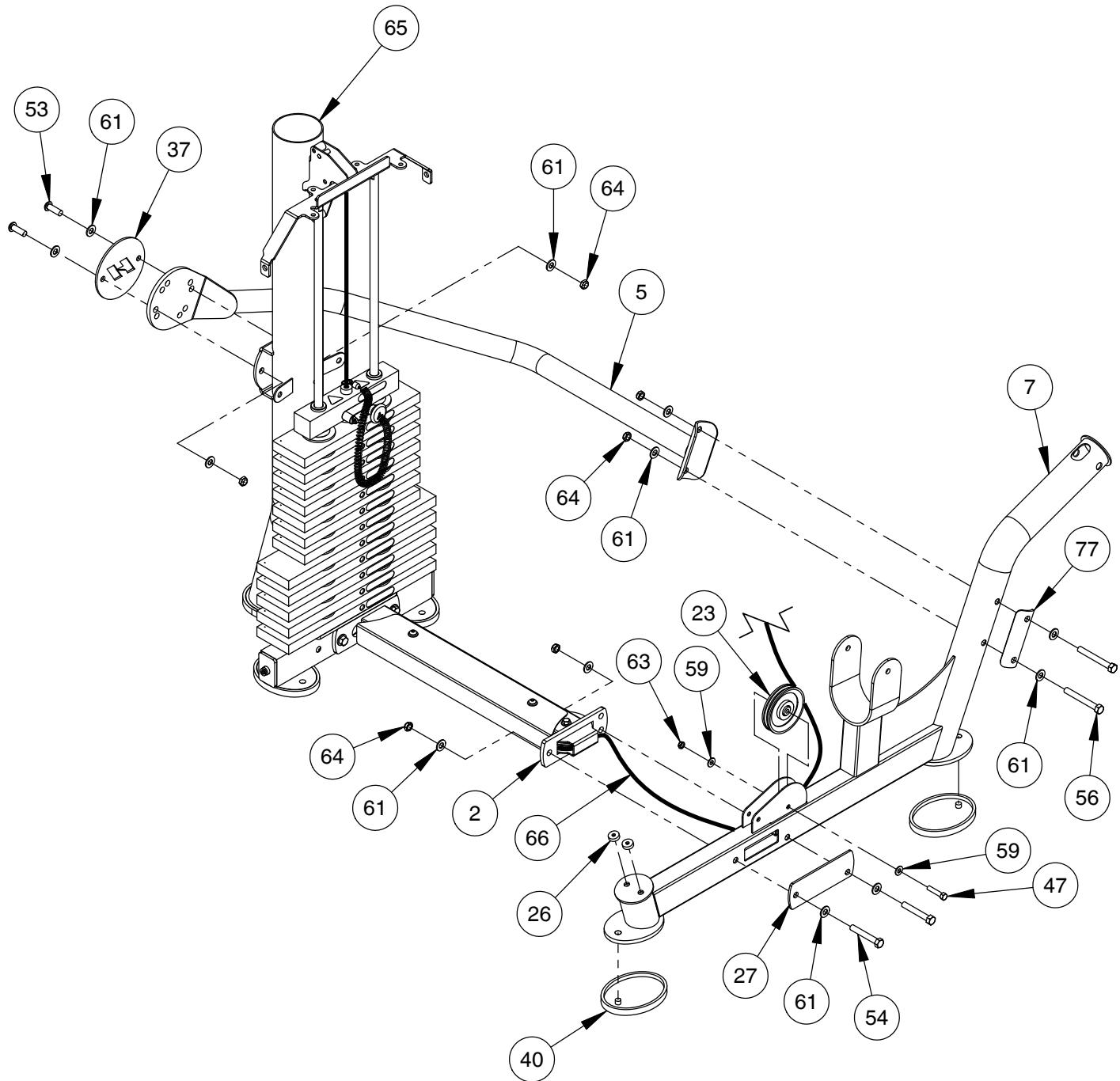


OWNER'S MANUAL

FRAME ASSEMBLY

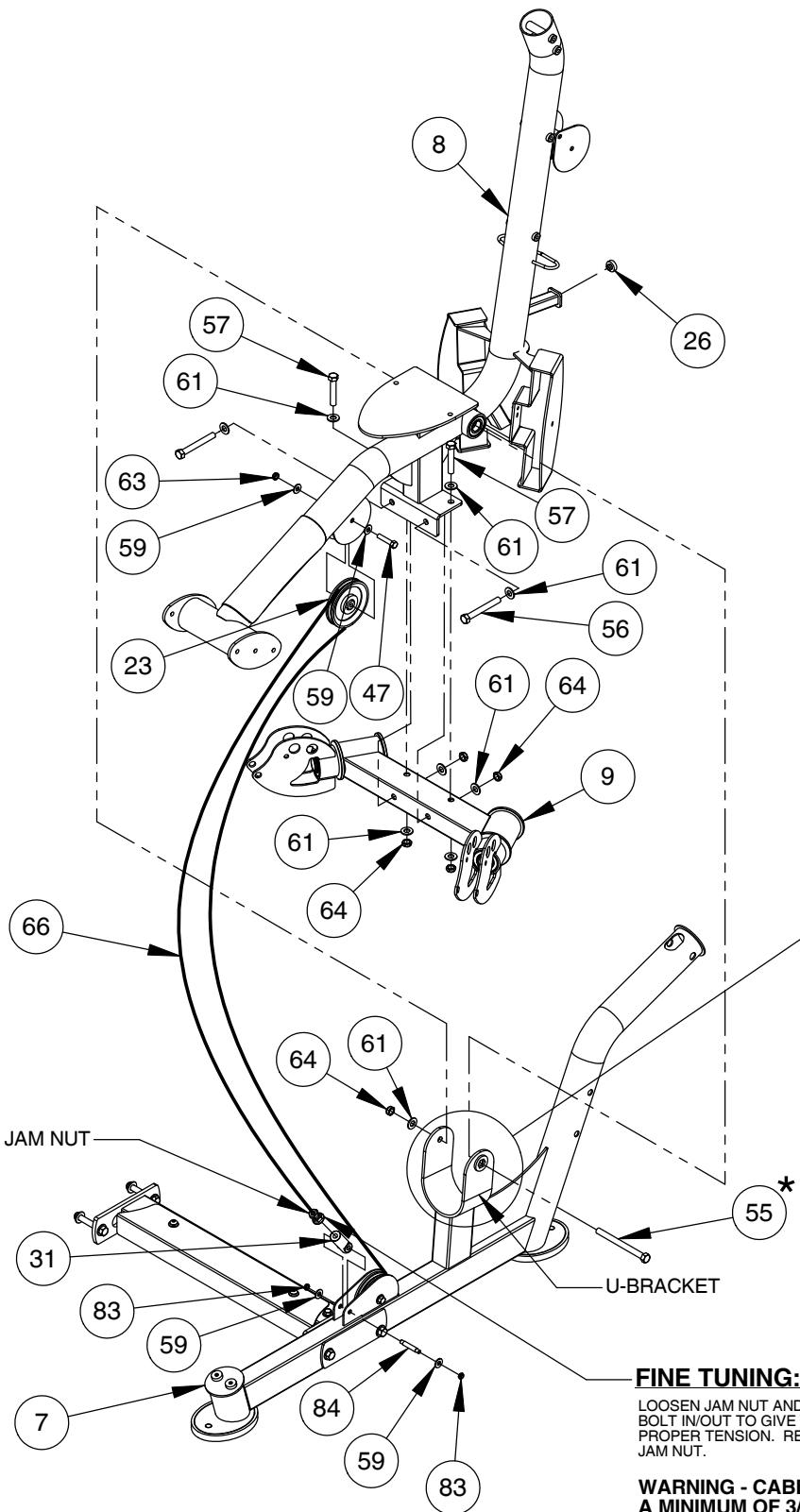
NOTE:

- HAND TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

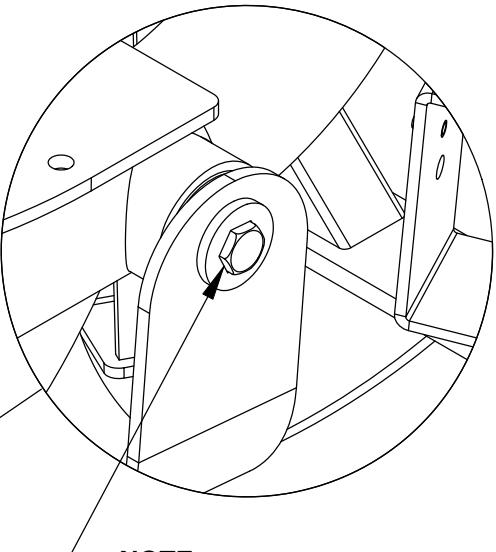
FRAME ASSEMBLY



NOTE:

- *- BEFORE ASSEMBLING (8) TO (7):
 - REMOVE CAM GUARD PLATE (81) AND CORRESPONDING HARDWARE.
 - SHIFT ϕ 12.00" CAM (32) BACK SO (55) CAN BE INSERTED TO COMPLETE (8) TO (7) ASSEMBLY.
 - REFER TO PAGE 9 FOR ϕ 12.00" CAM (32) AND CAM GUARD PLATE (81) ASSEMBLY.
 - WRENCH TIGHTEN HARDWARE.
 - WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
 - WRENCH TIGHTEN HARDWARE (55) THEN LOOSEN NUT JUST ENOUGH FOR (8) TO PIVOT FREELY.
 - INSTALL CABLE AND PULLEYS AT THE SAME TIME.
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

PROPERLY INSTALLED VIEW



—NOTE:

NOTE:
BE SURE BOLT (55) IS INSTALLED
SO BOLT HEAD FITS INTO
HEX BOLT LOCK, AS SHOWN.

- FINE TUNING:

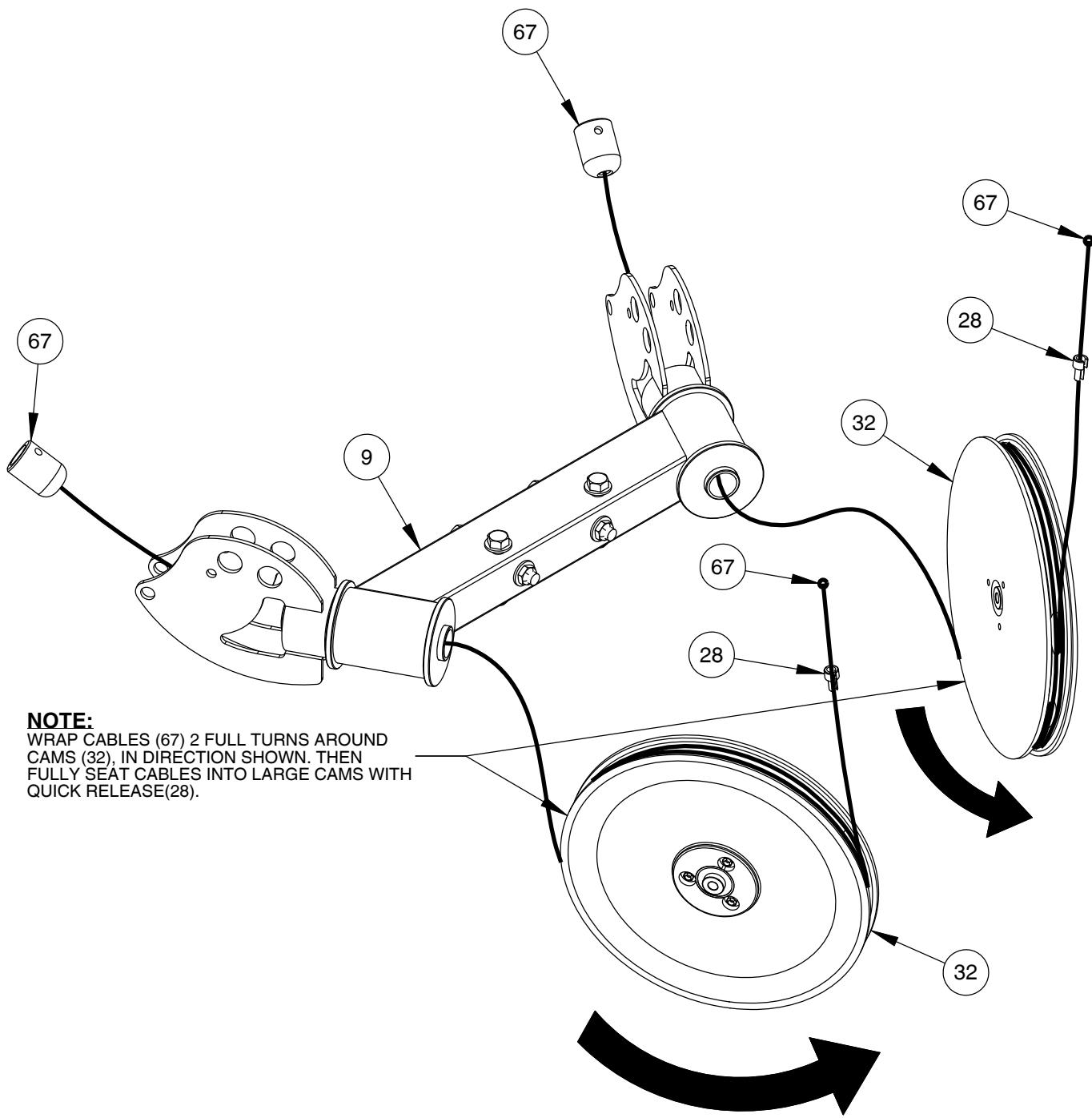
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- FULLY SEAT CABLE LOCK INTO CAMS.
- SOME PARTS MAY HAVE BEEN REMOVED
FOR CLARITY.



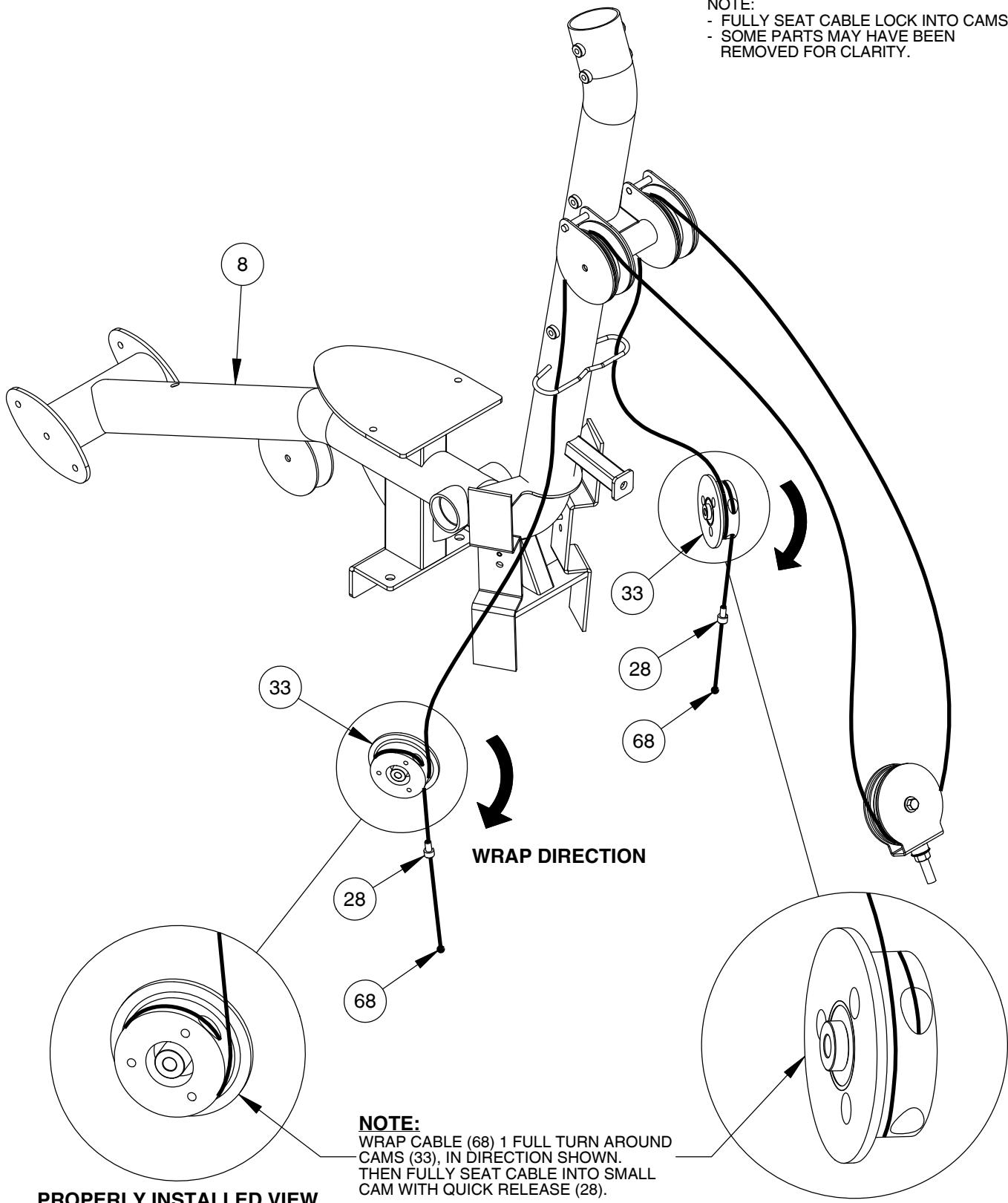
WRAP DIRECTION

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- FULLY SEAT CABLE LOCK INTO CAMS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

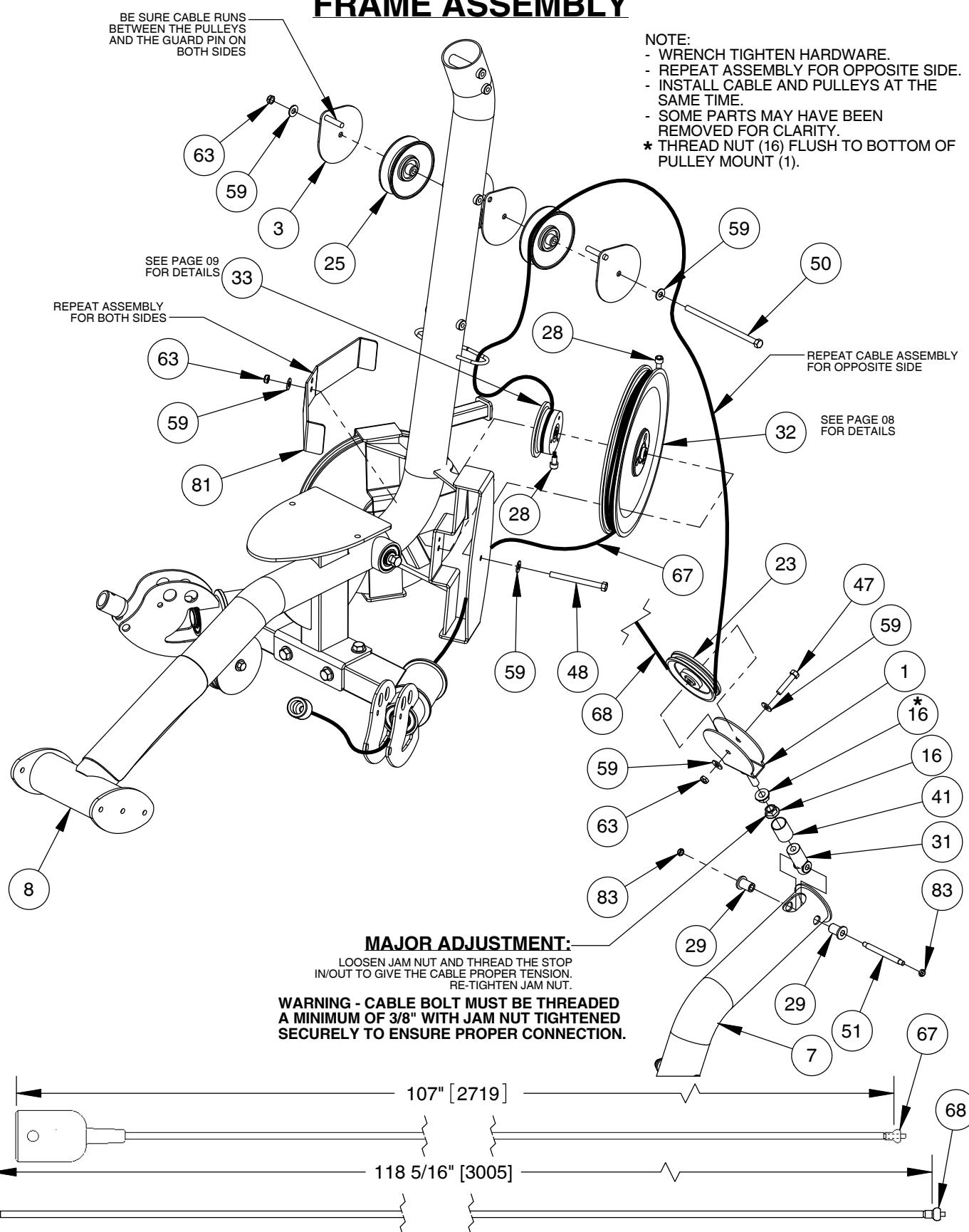


PROPERLY INSTALLED VIEW

PROPERLY INSTALLED VIEW

OWNER'S MANUAL

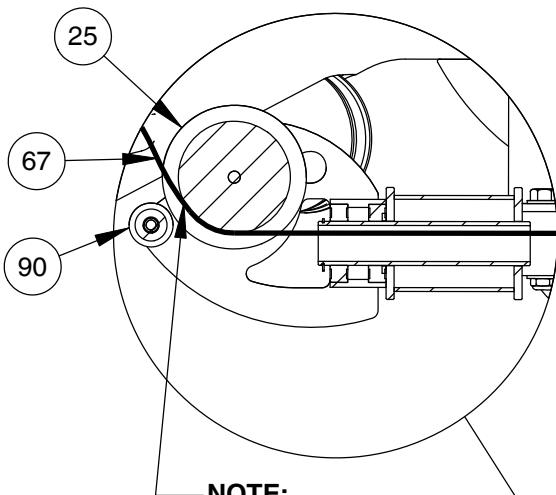
FRAME ASSEMBLY



OWNER'S MANUAL

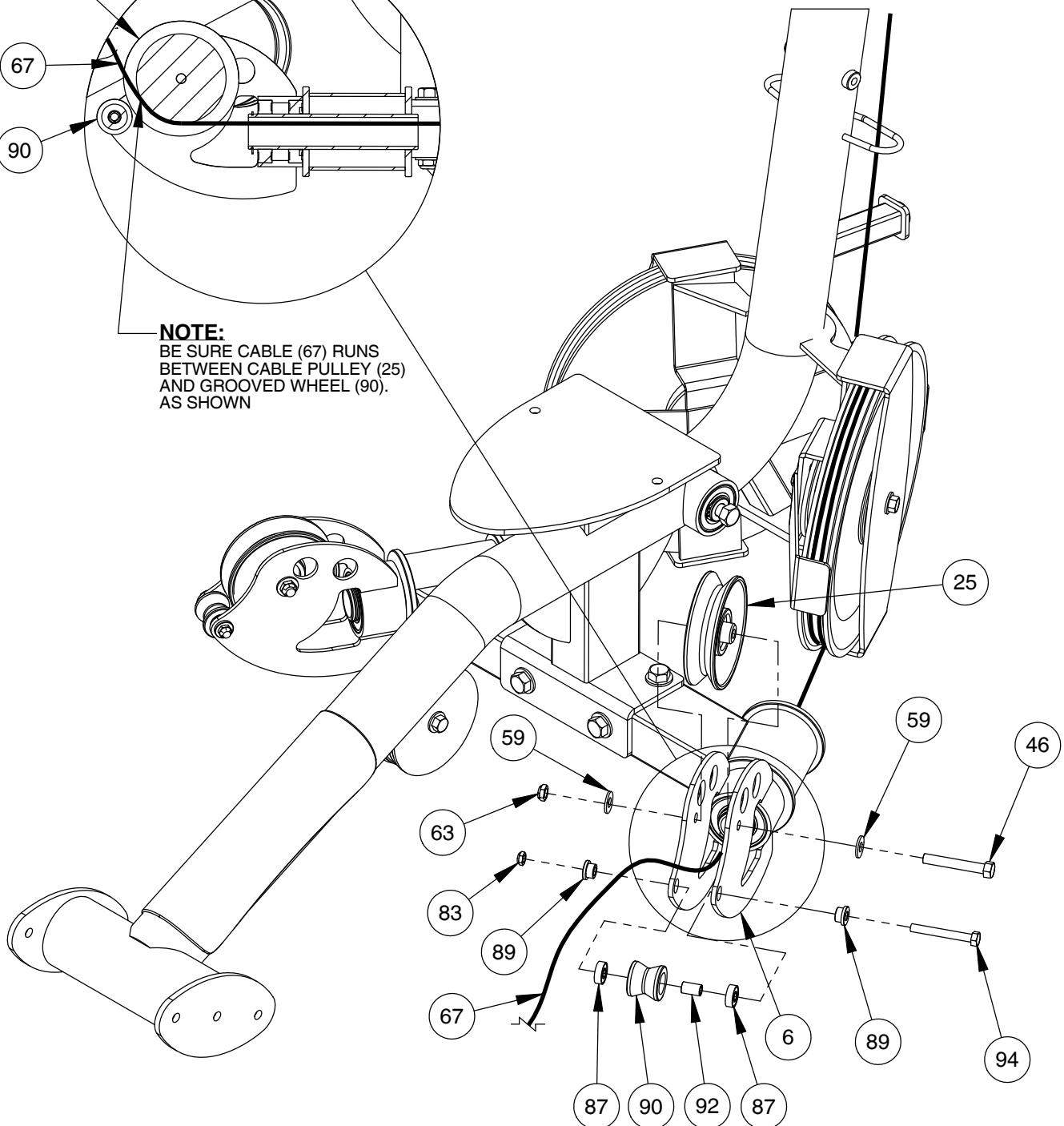
FRAME ASSEMBLY

PROPERLY INSTALLED VIEW



NOTE:
BE SURE CABLE (67) RUNS
BETWEEN CABLE PULLEY (25)
AND GROOVED WHEEL (90).
AS SHOWN

NOTE:
- WRENCH TIGHTEN ALL HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE
SAME TIME.
- REPEAT CABLE ASSEMBLY FOR
OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

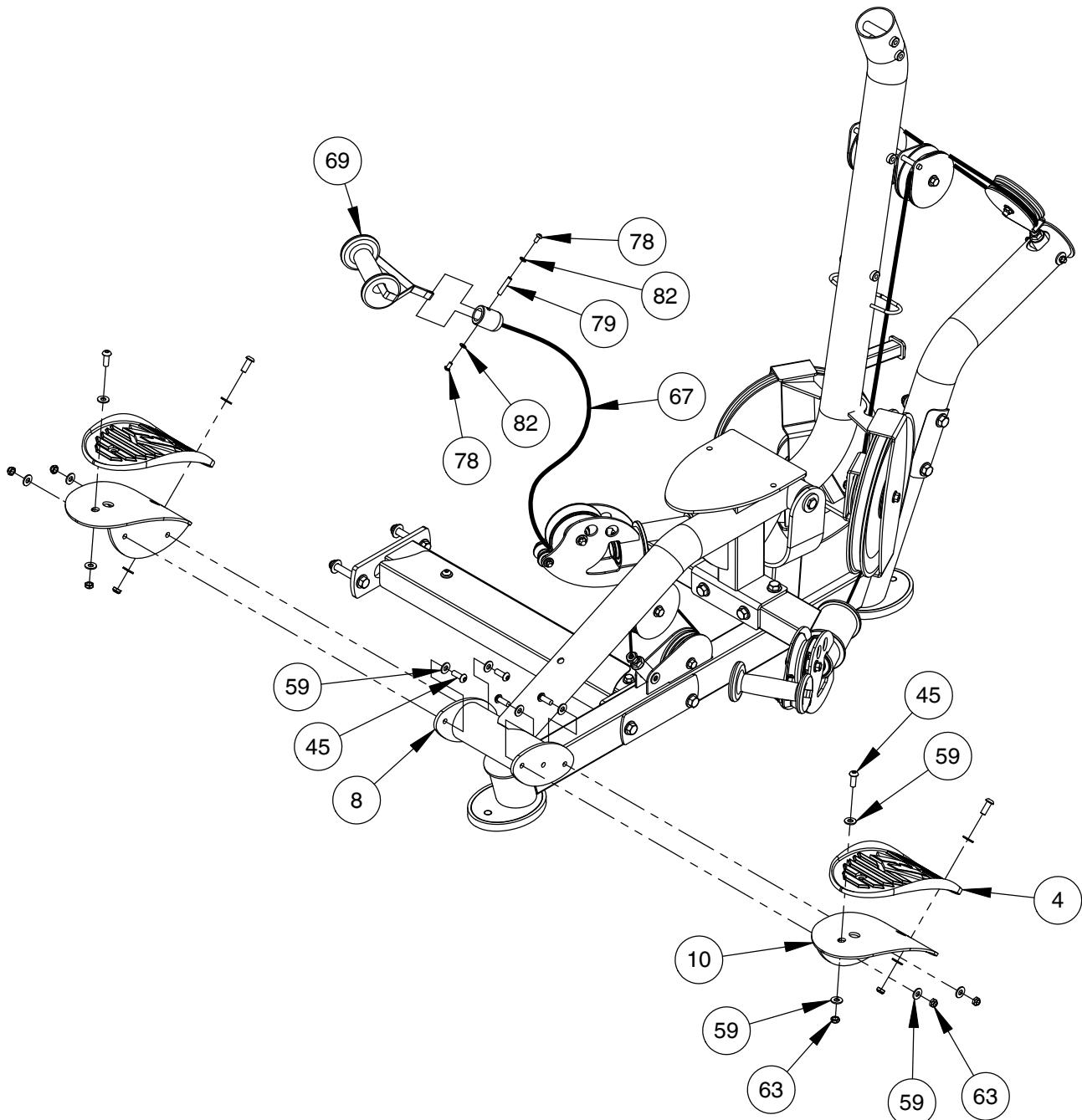


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT CABLE ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

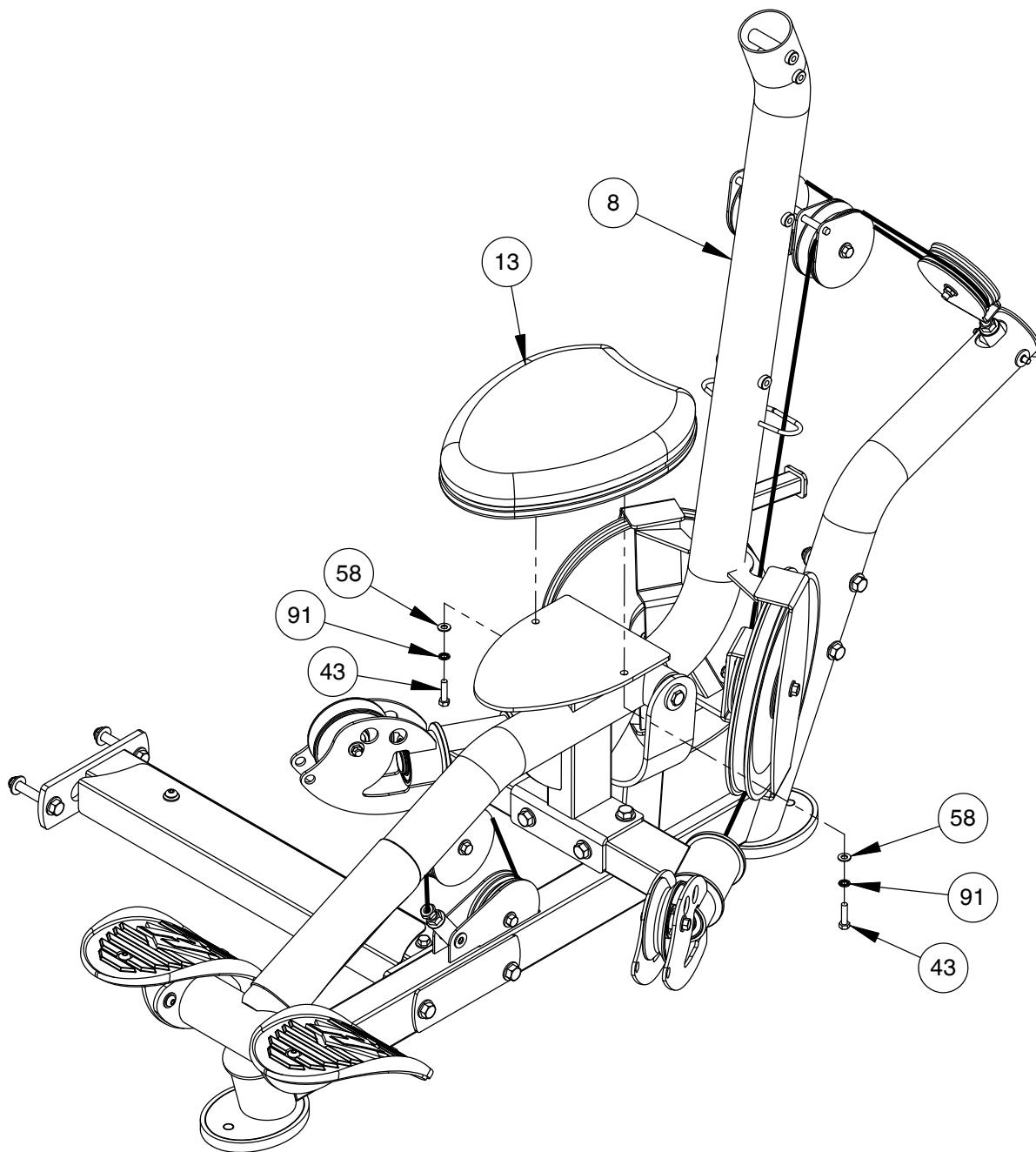


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

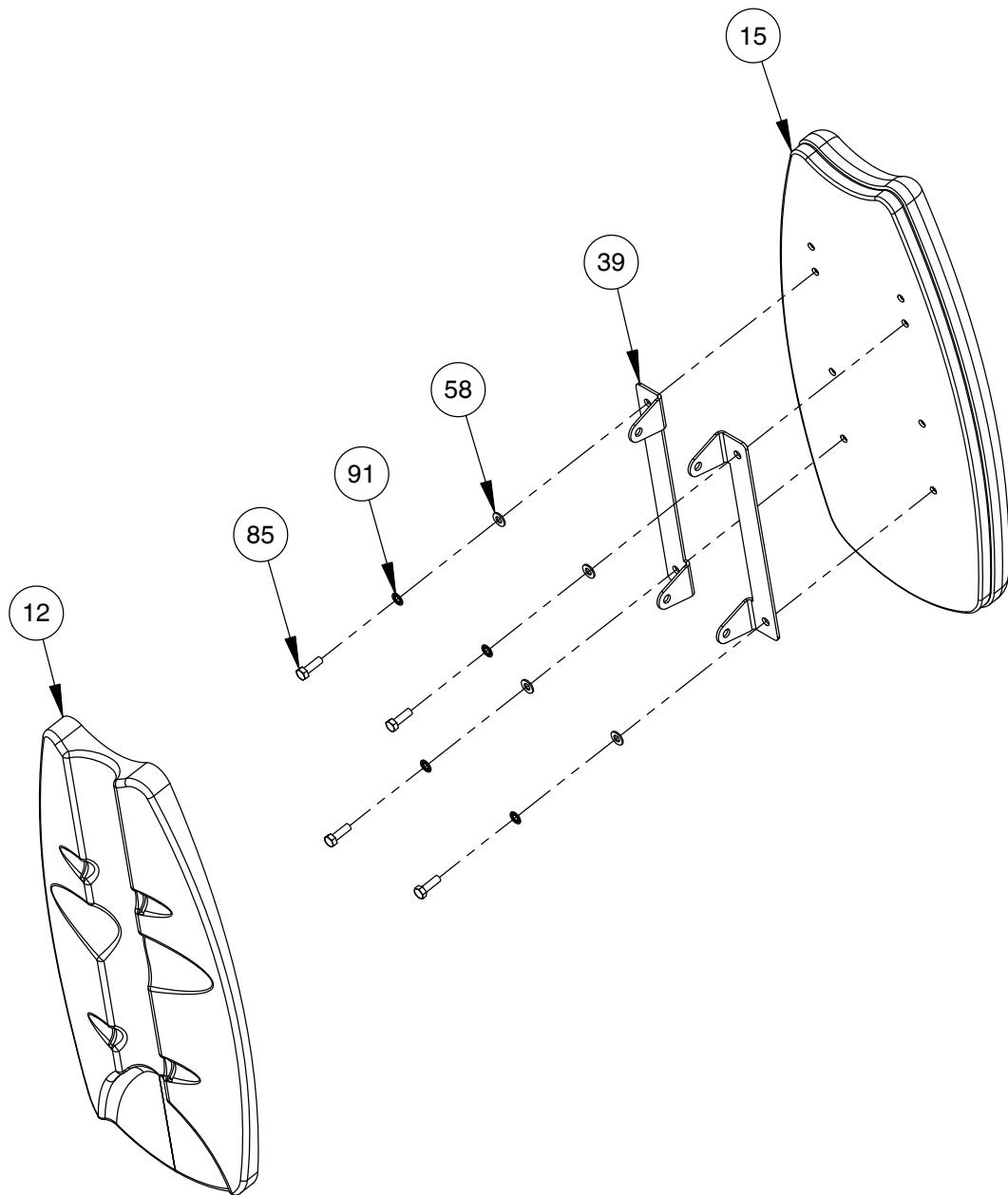
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

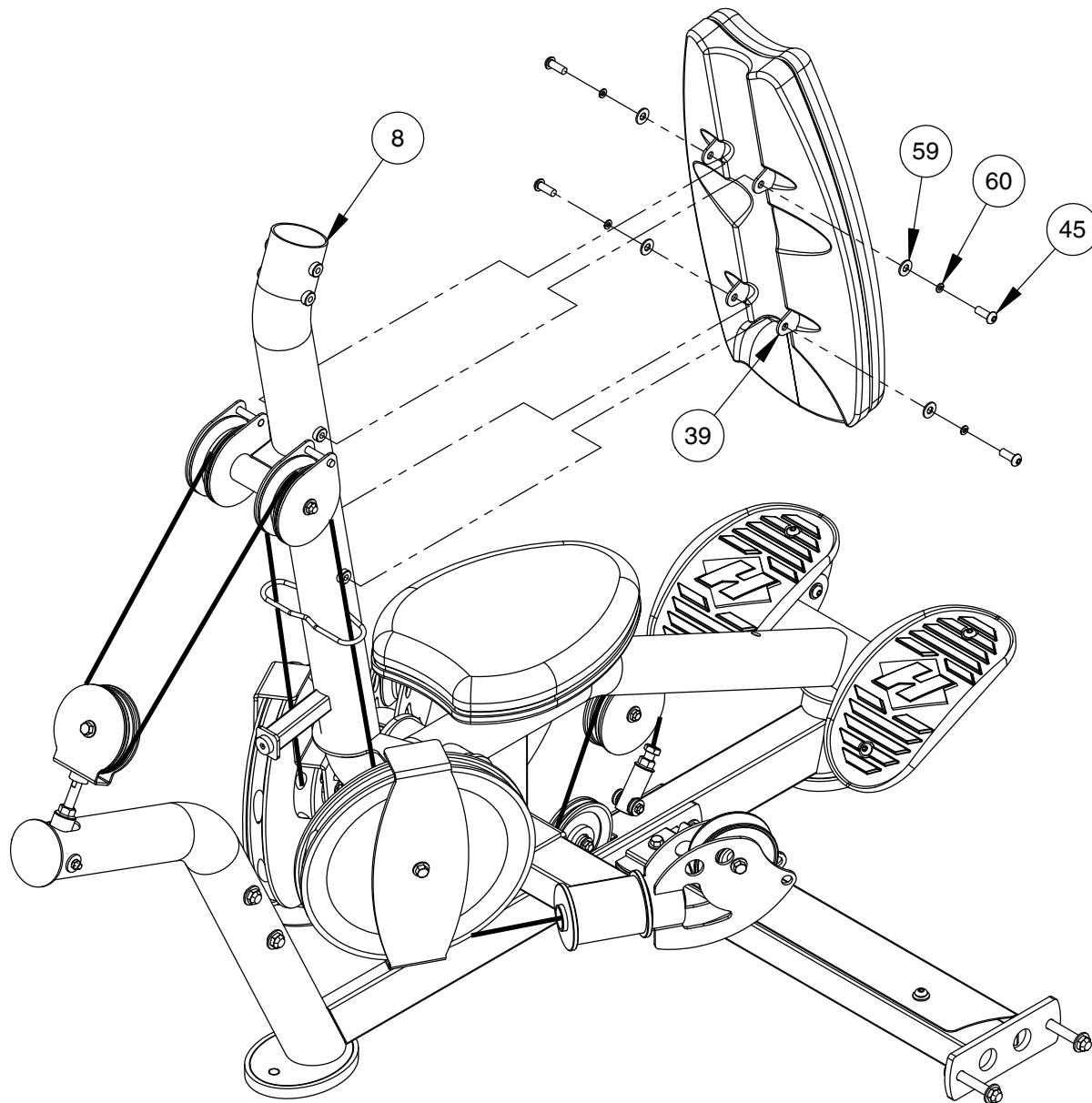
NOTE:
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

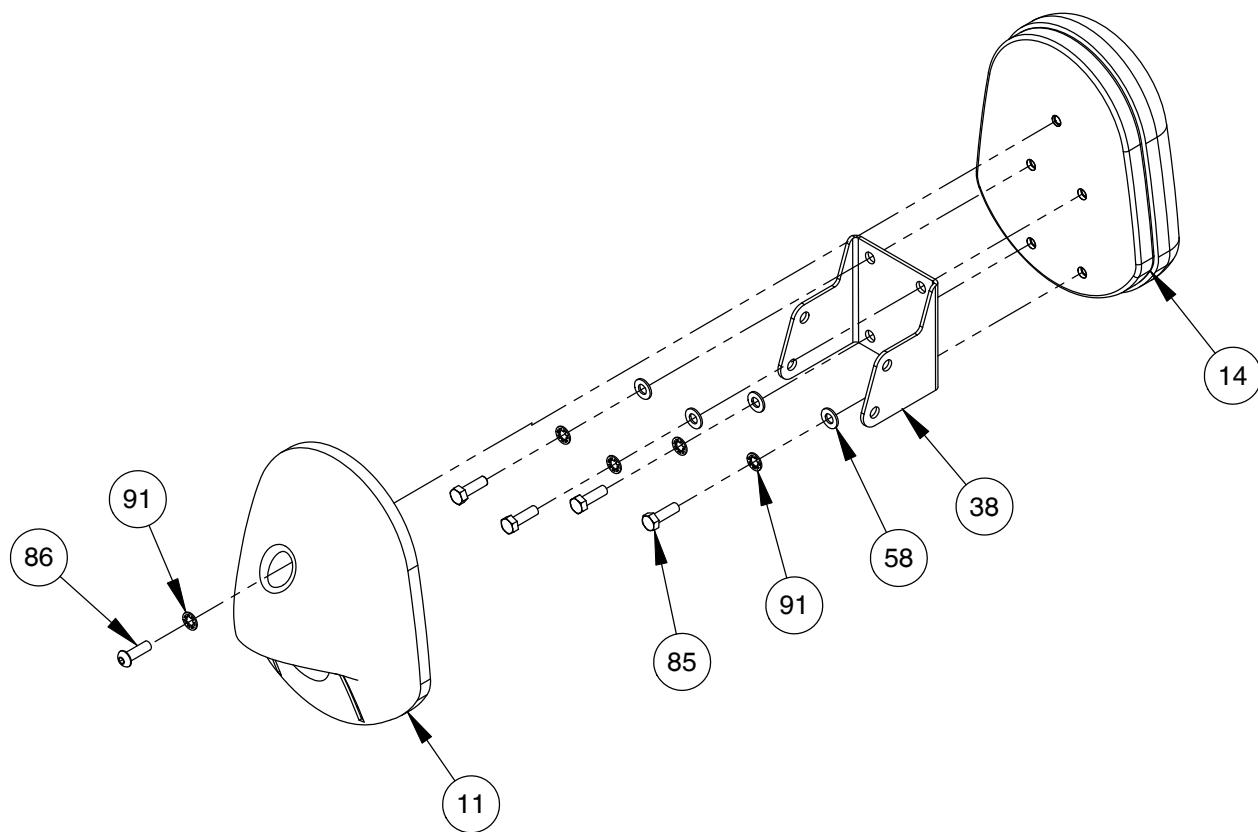
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



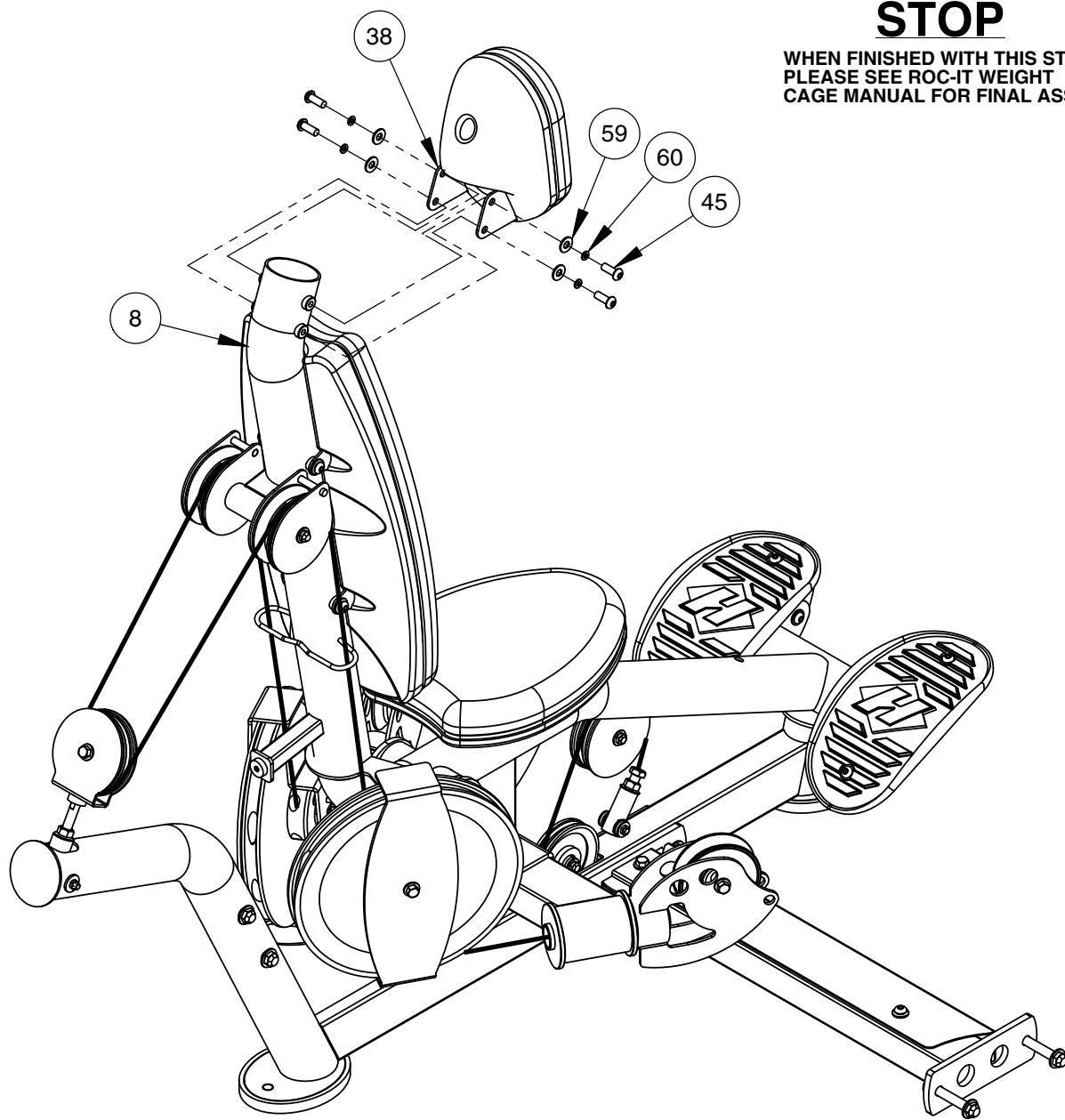
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

STOP

WHEN FINISHED WITH THIS STEP
PLEASE SEE ROC-IT WEIGHT
CAGE MANUAL FOR FINAL ASSEMBLY.

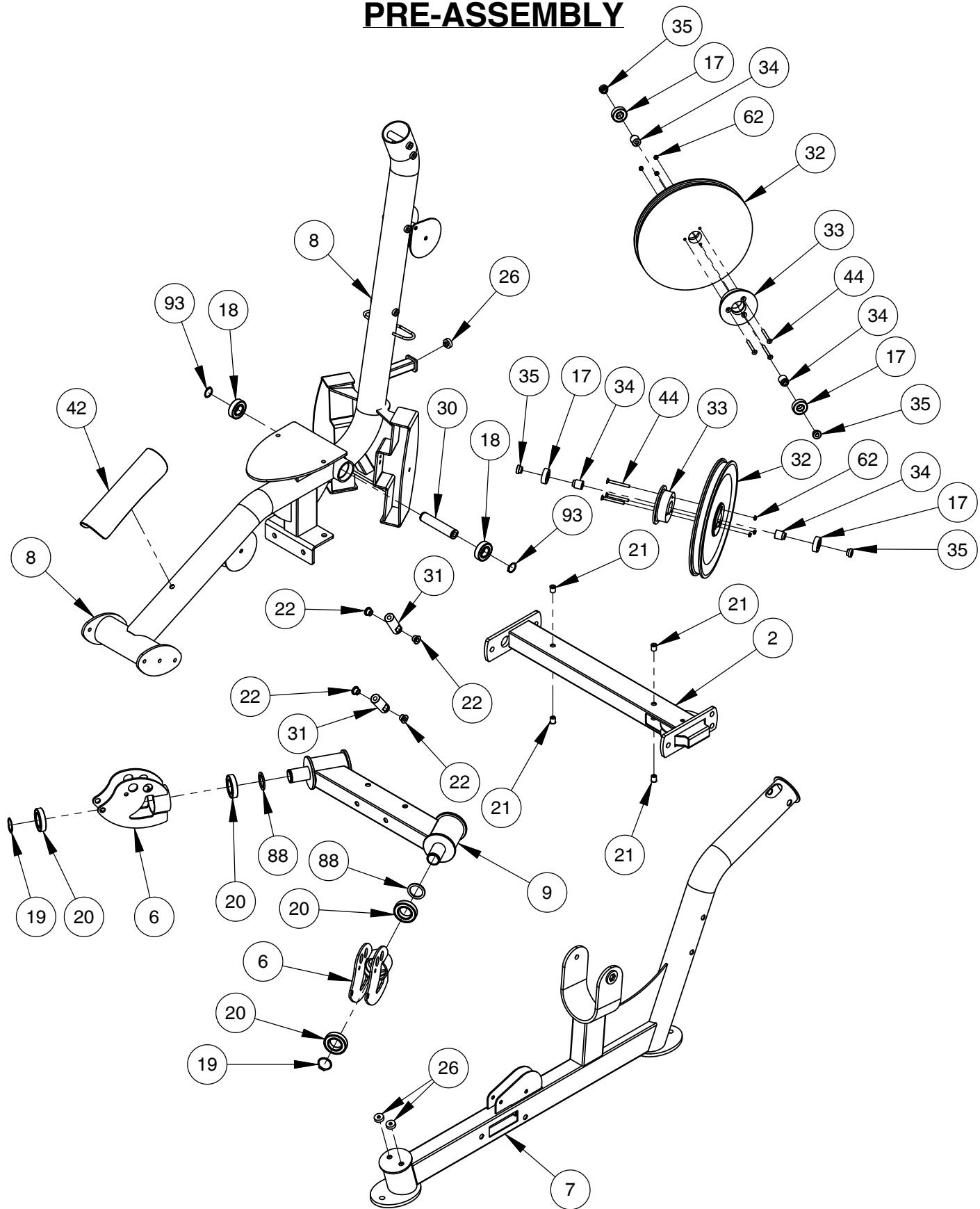


IMPORTANT

NOW THAT THE RS-1102-A IS COMPLETELY ASSEMBLED TAKE TIME TO
ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT,
IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN
THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

PRE-ASSEMBLY



OWNER'S MANUAL

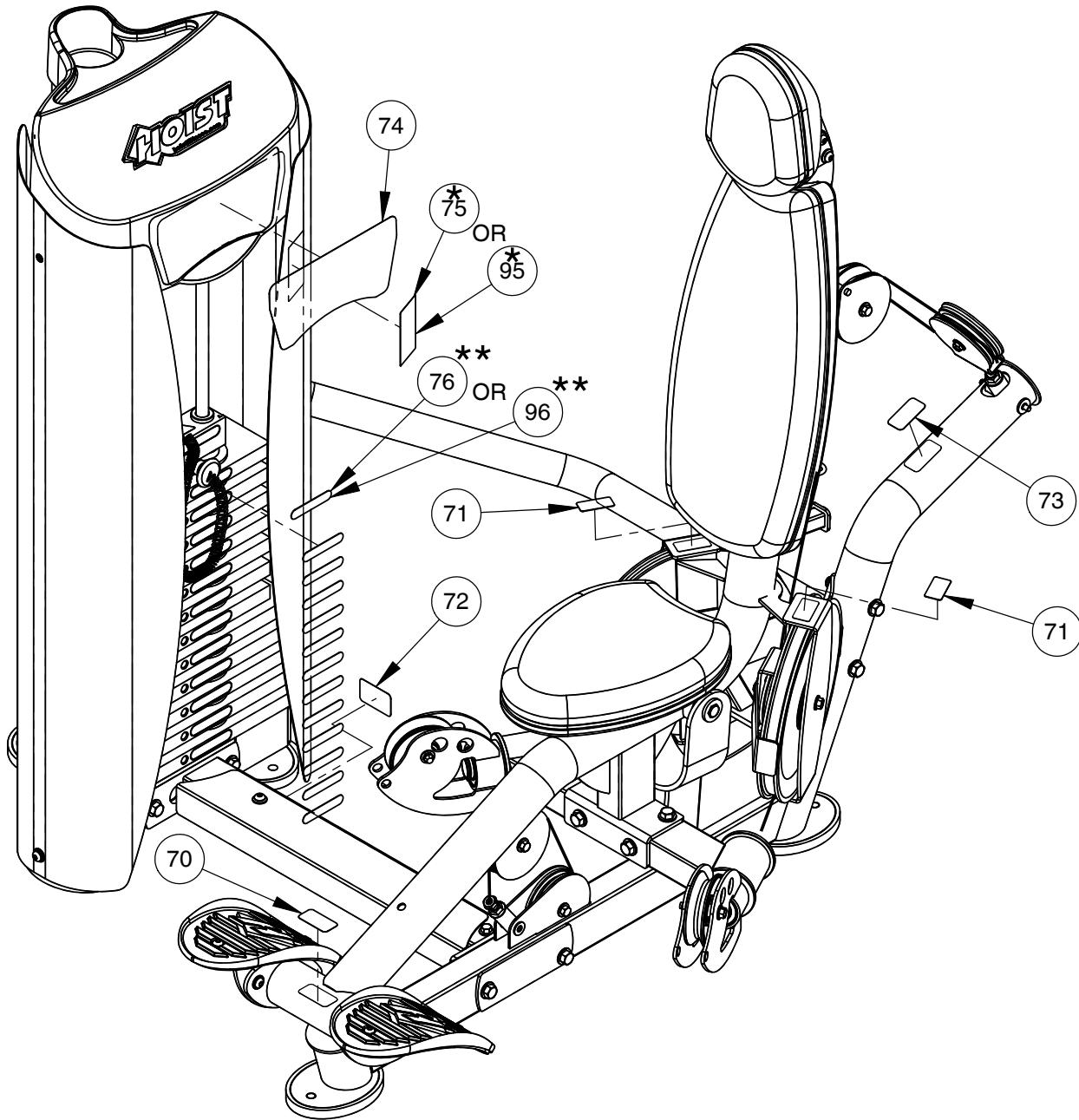
DECAL PLACEMENT

NOTE:

- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

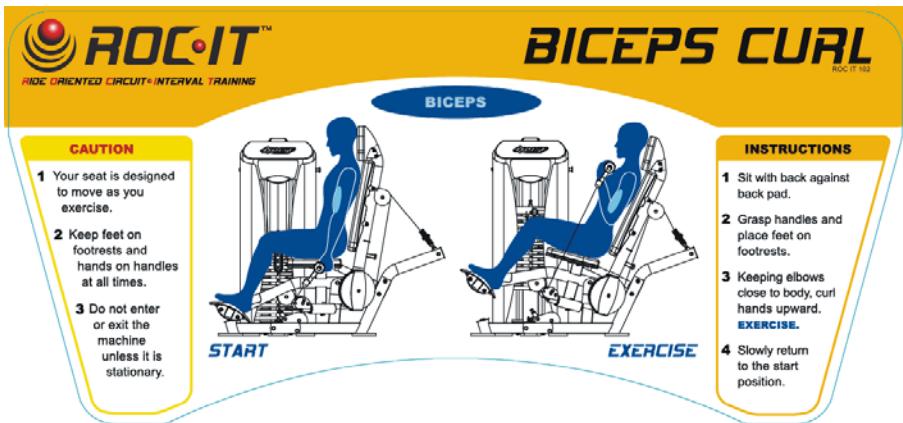
* FOR CIRCUIT STACK, USE ITEM #75
FOR COMPETITION STACK, USE ITEM #95

** FOR CIRCUIT STACK, USE ITEM #76
FOR COMPETITION STACK, USE ITEM #96

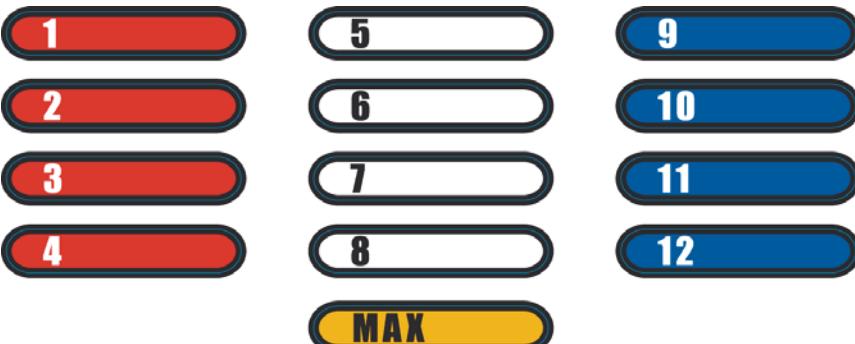


OWNER'S MANUAL

DECAL REFERENCE



021-0013301



021-0003422



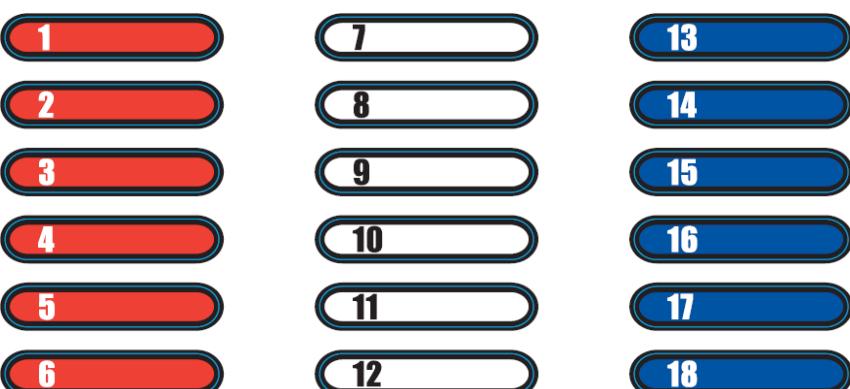
021-0003322



021-0003093

(kg)	BICEPS CURL	(lbs)
10	1	21
11	2	25
13	3	28
14	4	32
16	5	36
18	6	39
19	7	43
21	8	46
23	9	50
25	10	54
26	11	58
28	12	62
30	MAX	66

021-0003406



021-0003515

(kg)	RS-1102 PEC FLY CIRCUIT - HEAVY CABLEING	(lbs)
3	1	7
6	2	12
8	3	18
10	4	23
13	5	28
15	6	33
18	7	39
20	8	44
23	9	51
26	10	58
29	11	65
33	12	72
36	MAX	79

021-0003617



SERIAL # DECAL



021-0003341

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	026-01X2026	ADJUSTABLE PULLEY MOUNT	1
2	026-01X2377	CROSS MEMBER ASSEMBLY	1
3	026-01X2391	PULLEY GUARD ASSEMBLY Ø4.50"	2
4	026-01X2402	FOOT PLATE ASSEMBLY	2
5	026-01X3157	CROSS BAR ASSEMBLY	1
6	026-01X5634	SWIVEL PULLEY HOUSING	2
7	026-01X3822	BASE FRAME ASSEMBLY	1
8	026-01X5657	MAIN FRAME ASSEMBLY	1
9	026-01X3781	DUAL SWIVEL HOUSING ASSEMBLY	1
10	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
11	022-01PD2055-5	PLASTIC HEAD PAD BACKING	1
12	022-01PD2058-5	PLASTIC BACK PAD BACKING	1
13	022-01PD2054-A	SEAT PAD ASSEMBLY	1
14	022-01PD2055	UPHOLSTERED HEAD PAD	1
15	022-01PD2058	BACK PAD ASSEMBLY	1
16	012-0202001	1/2"-13 FLANGED NUT (WZ)	2
17	014-0003004	6203-2RS BEARING (17mm BORE)	4
18	014-0012014	BEARING: FLANGELESS - 25mm I.D.	2
19	014-0015023	EXTERNAL SNAP RING 1.38" DIA.	2
20	014-0012020	BEARING - FLANGELESS BALL 2.44" O.D. X 35MM I.D. X .55"	4
21	014-0014002	3/8-16 FLUSH MOUNT INSERT	4
22	014-0101020	BUSHING: OILITE FLANGED Ø.63" O.D. X Ø.38" I.D. X .50" LG.	4
23	018-0001003	CABLE PULLEY: Ø4.50"	4
25	018-0002014	CABLE PULLEY: WIDE (BORED HUB) Ø4.50"	4
26	019-0001001	PLUG BUMPER	3
27	026-01F0256	BACKING PLATE	1
28	026-01M0200	QUICK RELEASE CABLE LOCK Ø.34" I.D. X .9990"LG.	4
29	026-01M0551	HEAVY FLANGED SPACER: .391" I.D. X 1.00" LG.	2
30	026-01M2360	SHAFT - Ø 25mm X 4.71" LG.	1
31	026-01M1103	THREADED CABLE ANCHOR Ø1.00" O.D X 2.50" LG.	2
32	026-01M1165	Ø 12.00" CAM	2
33	026-01M1166	Ø 3.25" CAM	2
34	026-01M2203	Ø .39" I.D. x .78" PULLEY BUSHING	4
35	026-01M2204	Ø .39" I.D. x .25" PULLEY BUSHING	4

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
36	026-01P2478	CABLE SHIELD	1
37	026-01P2653	'H' PLATE	1
38	026-01P2920	HEAD BRACKET MOUNT	1
39	026-01P2925	PAD MOUNT BRACKET	2
40	026-01PL2122	OVAL-SHAPED RUBBER FOOT	2
41	026-01PL2185	1.03" I.D. x 1.50" LG NYLON SLEEVE	1
42	026-01PL2519	PLASTIC SCUFF GUARD 11.05" LG. WITH RIVETS	1
43	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	2
44	011-0002047	1/4"-20UNC x 2.50" FHB (WZ)	6
45	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	18
46	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	3
47	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	3
48	011-0407025	3/8"-16UNC X 4.00" HHB (WZ)	2
50	011-0107073	3/8"-16UNC X 7.25" HHB (WZ)	1
51	026-01M1135	Ø .375" X 3.31" LG. CABLE ANCHOR SHAFT	1
53	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	2
54	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
55	011-0307060	1/2"-13UNC X 6.00" HHB (WZ)	1
56	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	4
57	011-0407024	1/2"-13UNC X 2.75" HHB (WZ)	2
58	013-0302008	5/16" SAE FLAT WASHER (WZ)	10
59	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	46
60	013-0102029	1/4" SPLIT LOCK WASHER (WZ)	10
61	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	25
62	012-0104009	1/4"-20 UNC THIN NYLOCK NUT (WZ)	6
63	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	17
64	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	13
65	ROC-IT WEIGHT CAGE - A2	ROC-IT WEIGHT CAGE	1
66	010-01C0365	CABLE ASSEMBLY ROC-IT 102 - 138 17/32" LG.	1
67	010-01C0649	CABLE, RS-1102-A, HANDLE	2
68	010-01C0364	CABLE ASSEMBLY ROC-IT 102 - 118 5/16" LG.	1
69	026-01X2991	STRAP HANDLE	2
70	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
71	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)	2
72	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
73	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	1
74	021-0013301	PLACARD RS-1102 BICEP CURL	1
75	021-0003406	DECAL ROC-IT WEIGHT RATIO BICEP CURL (CIRCUIT)	1
76	021-0003422	DECAL WEIGHT STACK (1-12)	1
77	026-01F0267	FLANGE	1
78	011-0115003	1/4"-20UNC X .50" BHCS (SS)	4
79	026-01M1109	Ø.31" SHAFT	2
81	026-01P3360	CAM GUARD PLATE	2
82	013-0402013	1/4" SPLIT LOCK WASHER (SS)	4
83	012-0102006	5/16"-18UNC THICK NYLOCK NUT (WZ)	6
84	026-01M1136	Ø.375" X 1.53" LG. CABLE ANCHOR SHAFT	1
85	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	8
86	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	1
87	014-0003008	608-2RS BEARING (8mm BORE)	4
88	026-01M2724	WASHER, 1.8750" OD X 1.4060" ID X .125" T	2
89	026-01M2797	5/16" HEAVY FLANGED SPACER X .28"	4
90	026-01PL2344	GROOVED WHEEL	2
91	013-0102007	5/16" INTERNAL LOCK WASHER (WZ)	11
92	026-01M2938	SPACER Ø.26 I.D. X Ø.44 O.D. X .75 LG.	2
93	014-0012018	SNAP RING - 25mm EXTERNAL	2
94	011-0007069	5/16"-18UNC X 2.50" HHB (WZ)	2
95	021-0003515	DECAL WEIGHT STACK (1-18)	1
96	021-0003617	DECAL ROC-IT WEIGHT RATIO BICEP CURL (COMPETITION)	1

OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

SS = Stainless Steel

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

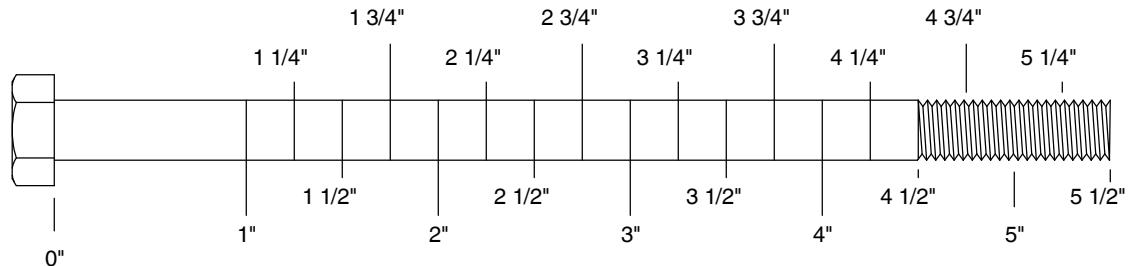
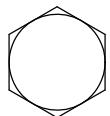
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

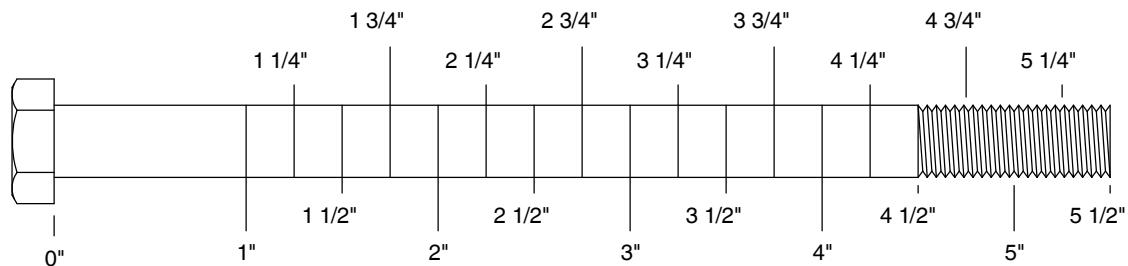
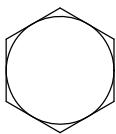
OWNER'S MANUAL

BOLT SIZING CHART

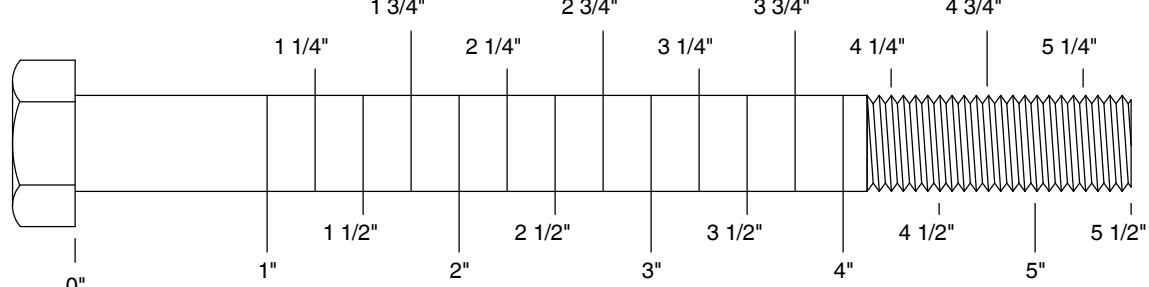
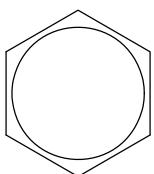
5/16" HHB



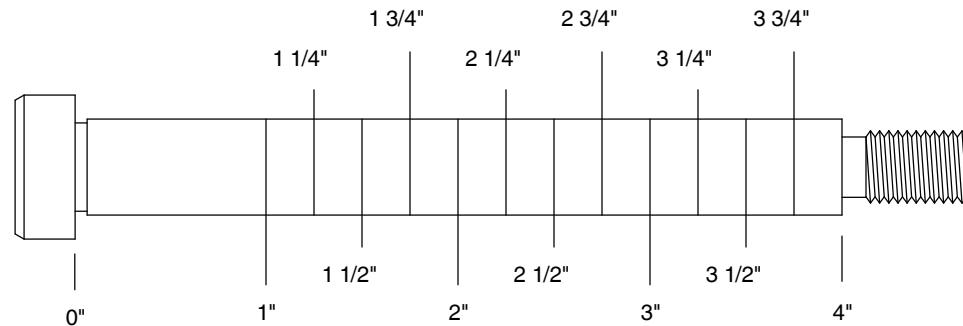
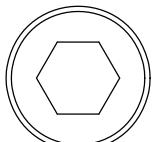
3/8" HHB



1/2" HHB

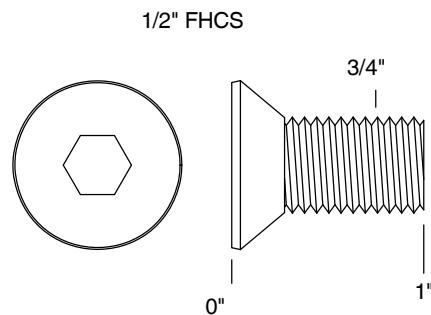
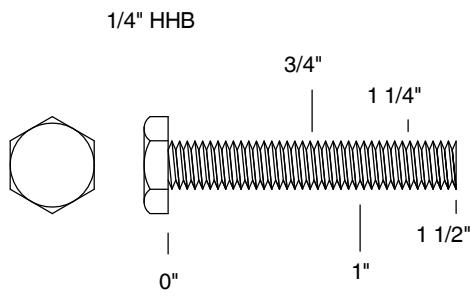
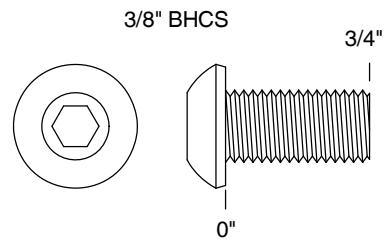
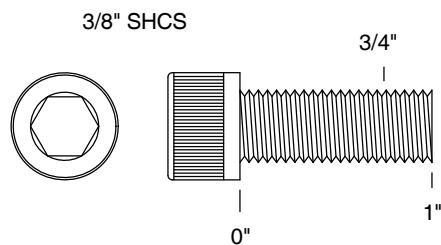
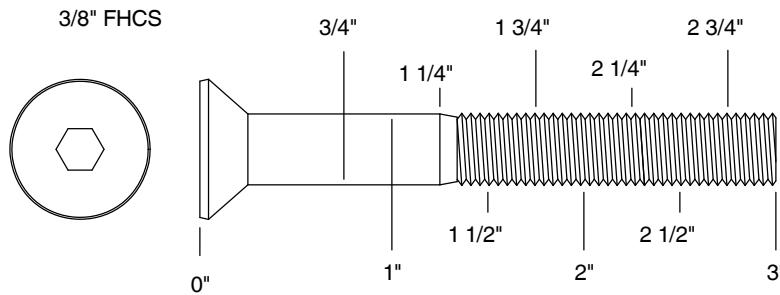


1/2" SHSS



OWNER'S MANUAL

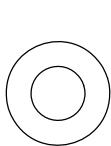
BOLT SIZING CHART (CONTINUED)



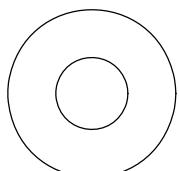
OWNER'S MANUAL

WASHER SIZING CHART

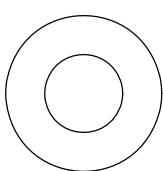
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



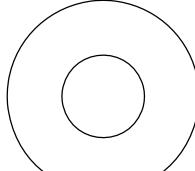
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



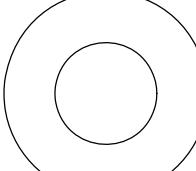
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



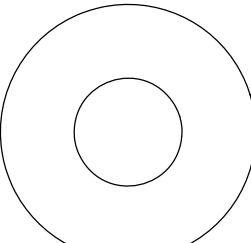
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



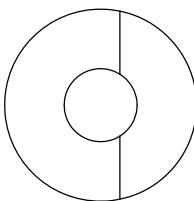
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



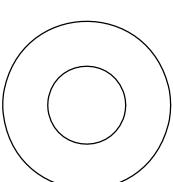
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



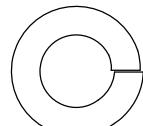
013-0402007
3/8"
FLAT WASHER
22mm O.D.



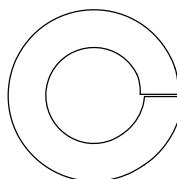
013-0102019
1/4"
LOCK WASHER



013-0102020
3/8"
LOCK WASHER



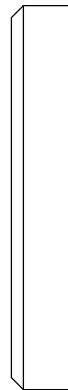
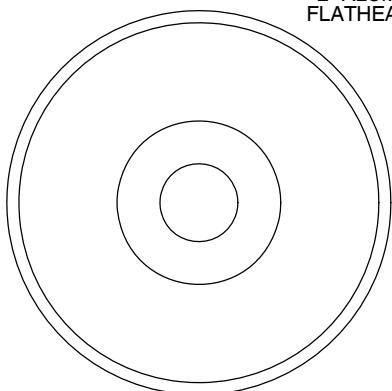
013-0102018
1/2"
LOCK WASHER



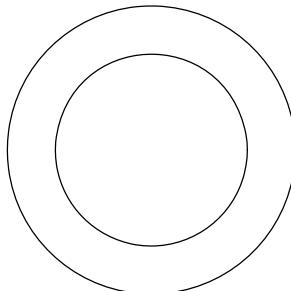
014-0018001
1/2" LONG
SPACER



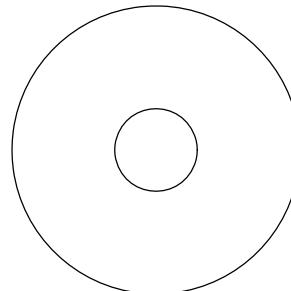
026-01M0238
2" ALUMINUM
FLATHEAD CAP



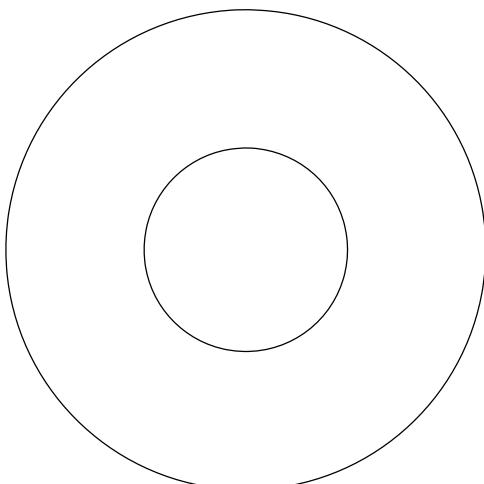
016-0009003
1" SHIM WASHER



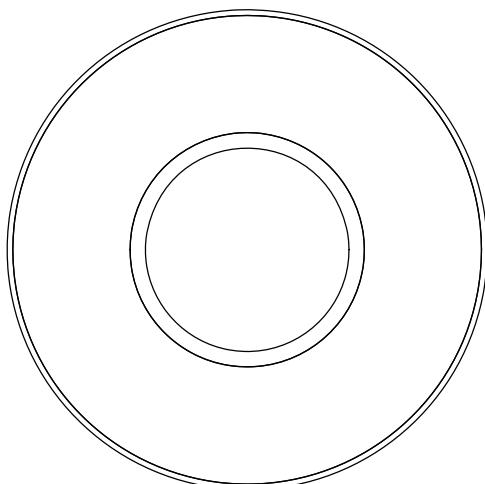
013-0003002
3/8" FENDER WASHER



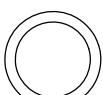
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



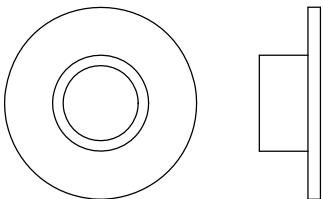
014-0018002
1" LONG
SPACER



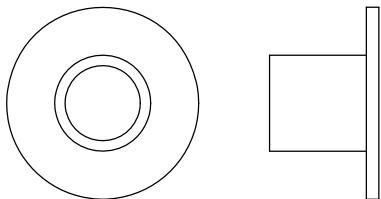
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

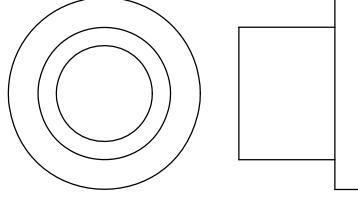
026-01M0211
1/4" LONG
FLANGED SPACER



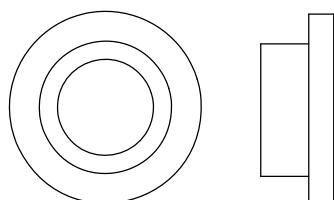
026-01M0198
1/2" LONG
FLANGED SPACER



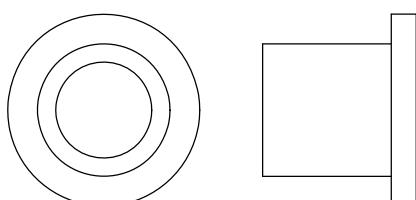
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



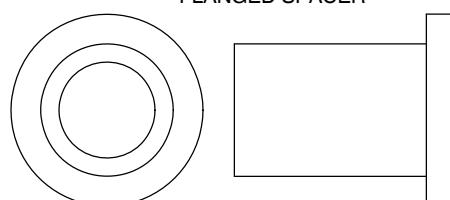
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



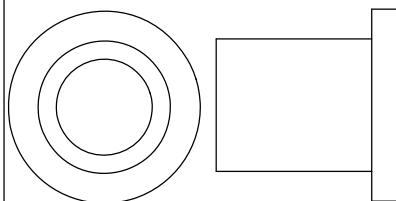
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



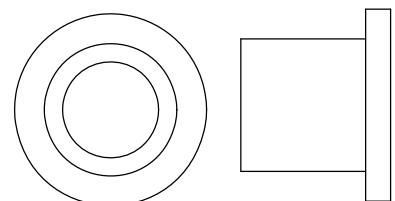
026-01M0551
1" LONG HEAVY
FLANGED SPACER



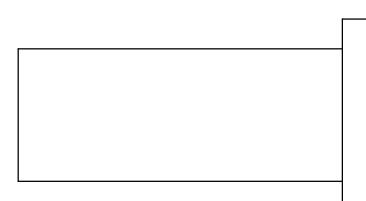
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



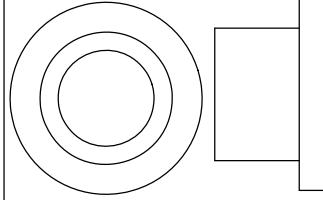
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



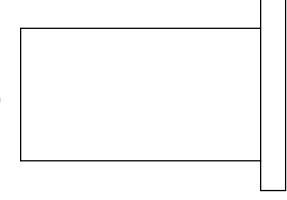
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



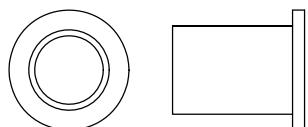
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



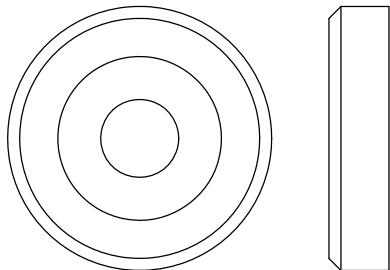
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



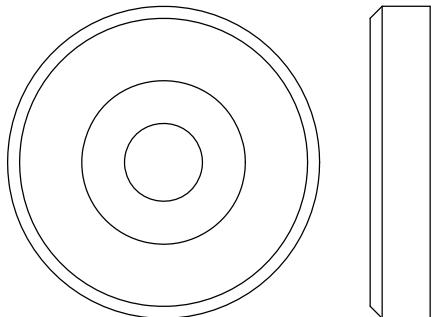
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNER'S MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY							
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY								
Clean; Upholstery	DAILY	WEEKLY								
Inspect; Cables or Belts and their tension	DAILY	WEEKLY								
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS								
Inspect; All Decals	WEEKLY	3 MONTHS								
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS								
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS								
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS								
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS								
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY								
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY								
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS								

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

OWNER'S MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

OWNER'S MANUAL

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your RS-1102-A HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your RS-1102-A HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your RS-1102-A HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS

CIRCUIT WEIGHT STACK RATIO

(kg)	BICEPS CURL	(lbs)
10	1	21
11	2	25
13	3	28
14	4	32
16	5	36
18	6	39
19	7	43
21	8	46
23	9	50
25	10	54
26	11	58
28	12	62
30	MAX	66

COMPETITION WEIGHT STACK RATIO

(kg)	RS-1102 BICEP CURL COMPETITION	(lbs)
16	1	35
18	2	40
20	3	45
25	4	54
28	5	62
32	6	70
35	7	77
38	8	85
40	9	88
42	10	93
44	11	97
46	12	101
48	13	106
50	14	110
52	15	114
53	16	118
55	17	122
57	18	126

The above charts shows the standard weight stacks for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

OWNER'S MANUAL

HOIST FITNESS SYSTEMS **LIMITED LIFETIME WARRANTY**

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

**To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link**

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS